

## WHAT IS BULLYING?

Bullying is defined in Section 37.0832 of the Education Code as a single significant act, or a pattern of acts, by one or more students directed at another student that exploits an imbalance of power and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that:

1. Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property;
2. Is sufficiently severe, persistent or pervasive enough that the action or threat creates an intimidating, threatening or abusive educational environment for a student;
3. Materially and substantially disrupts the educational process or the orderly operation of a classroom or school; or
4. Infringes on the rights of the victim at school.

## TYPES OF BULLYING

### PHYSICAL

Hitting or pushing

### SOCIAL RELATIONAL

Spreading rumors, leaving people out on purpose, breaking up friendships

### VERBAL

Name calling or taunting

### CYBERBULLYING

Using the Internet or mobile phones to harm others

## BULLYING IS NOT

- "an unavoidable part of life"
- "a phase children have to go through"
- "a part of growing up"
- "kids being kids"

## HOW DO I KNOW IF...

## HOW DO I HELP IF...

### A STUDENT IS BEING BULLIED

While every child is different, some common warning signs that a student is being bullied include when he or she...

- Is unhappy, downhearted, depressed, or has mood swings with anger or irritation.
- Experiences a sudden drop in grades/Lacks interest in school, is afraid to go or refuses to go.
- Withdraws from family or school activities/Stops talking about peers and everyday activities.
- Comes home with torn/missing clothes, keeps losing things, or has injuries inconsistent with the explanation.
- Experiences stomachaches, headaches, panic attacks, is unable to sleep or sleeps too much.

### A STUDENT IS BEING A BULLY

Some warning signs that a student is a bully toward another student are when he or she...

- Feels contempt for another human being and is intolerant towards differences.
- Is often hot-tempered, impulsive, aggressive, nasty, spiteful, and/or oppositional.
- Has a marked need to dominate or manipulate others/Is good at talking his or her way out of situations.
- Finds it difficult to fit in with rules.

### A STUDENT I KNOW IS BEING BULLIED

#### LISTEN

- Tell him or her, "I hear you; I am here for you; I believe you; It is not your fault. It takes courage to tell me. Thank you."

#### TALK ABOUT IT

- Tell him or her what he or she can do if it happens again: "Turn around and walk away; Tell a teacher or another trusted adult; Be in a group for more protection."

### I WITNESS A STUDENT BEING A BULLY

- Immediately address the behavior.
- Report the incident to a counselor or assistant principal.
- At home, follow through with discipline consequences - let them know that the behavior is not okay.
- Teach empathy, acceptance and tolerance.

**BULLYING SHOULD NOT BE DISMISSED NOR TOLERATED.**